



Division of  
Mental Health  
and Addictions.

"People helping  
people help  
themselves."

Logansport State Hospital

# The Spectrum

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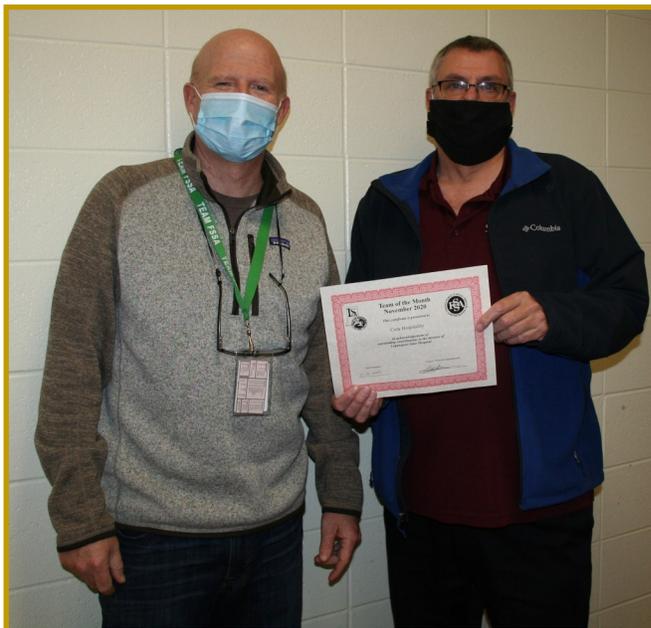
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Above, Rehab. Director, Jill Rowe presents Librarian, Brian Newell with his Employee of the Month Certificate.



Above, Assistant Superintendent, Daryl Hall presents Food Service Director, John Thompson a Team of the Month Certificate for him and his Food Service Team.

**EOM**

**on**

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**&**

**TOM**

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# POLICY UPDATES!

**The following LSH policies were updated in October (All Staff are to read all changed Policies)**

- A- 61 Hospital Committees: Corrected committee member listings.
- H-17 Employee Breaks: No Changes

LSH Policies referenced can be found on the LSH intranet site in PolicyStat by following these steps:

- Go to LSH intranet home page
- Click on “Hospital Policies (PolicyStat)” button-top center of home page outlined in green
- PolicyStat User Name is your state email address
- Once in PolicyStat, use the search bar to find policies by number, name or key word
- To find FSSA, DMHA, and other SPH policies, click on “change location” in the blue bar at the top of the page

Policies available on PolicyStat are the current and official policies.



## **SPECTRUM**

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

***The Spectrum*** is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State

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Mike Busch .....	Community Engagement Dir. ....	ext. 3612
Paula Green Scheffer ....	Clerical Asst .....	ext.3634
Gregory Grostefon .....	Superintendent.....	ext. 3631

# EMPLOYEE OF THE MONTH

Brian Newell's job title is Librarian. However, he is SO much more than that. He is a helper, a friend, a teacher, an encourager, and the list could go on and on. We work in a difficult field and with sometimes difficult patients. Brian (though I'm sure he struggles at times), makes patience, acceptance, and kindness look effortless, as though he has an endless well of goodwill to give to others. He is a hard worker, often going from unit to unit in such a hurry that you might frequently see him jogging to groups. He is endlessly adaptable, with no permanent office space or phone extension to speak, he somehow always finds a computer to very promptly put check sheets on, even though I'm sure all of co-leaders agree that they would be happy to out them in for him.

Some of our patients go out of their way to make it very difficult for others to like, accept, or help them. I have yet to see a patient who has been successful enough in these tactics for Brian. There is no patient, no matter how difficult, that Brian does not care about, accept, or go out of his way to help. In fact, those are often the patients he gives the most energy to. In a hospital full of helping hearts, he stands out among the crowd.

Beyond his work with patients, he offers his time and energy into the staff and grounds of this hospital. He is probably the most knowledgeable person here when it comes to LSH's vast history. He loves this hospital and shows that every single day. He organizes a team for a local spelling bee almost every year, and likely many more activities that I'm unaware of. He is the absolute definition of a selfless team player and is ALWAYS ready to volunteer a helping hand when needed. In a field (and currently a world at large) where it is so easy to feel defeated, burnt out, or ready to give up, Brian is a ray of light and hope. I could continue in this vein for some time because the instances of being impressed by Brian are endless. I'll simply sum it up by saying that Brian Newell is not only the kindest and most hard working person I have ever encountered, he gives more of his energy to helping patients than anyone else in this hospital.

He should probably be Employee (and Person) of the Month just about every month but comparing everyone else to him is just unfair to the rest of us. We should all just take a moment to recognize and be thankful to have met and worked with such an extraordinary man as Brian.

*Jacqueline Dillman, RT4*

I fully support this nomination. Brian is a man of endless energy who puts all he has into his love for his job and for the patients. He has worked hundreds of hours of overtime and can be seen covering on the floor most days of the week these past months. He is always on "learning mode" and eager to help the patients improve. He goes out of his way to help others both here and also the community. He remains very involved in the museum committee and has a wealth of knowledge. He will produce information on whatever topic is presented to him. He has been an awesome team player for all departments. Brian has the unique ability to always be there for others and often puts them before his own needs. The Rehab Department and Logansport State Hospital is very fortunate to have Brian on their team. Congratulations Brian on some well deserved recognition. Thank you for all you do for everyone!

*Jill Rowe*

# TEAM OF THE MONTH

I would like to recommend the Dietary/Food service employees for team of the month!

They have consistently been there to help the EMBRACE committee in acquiring food and supplies to purchase and cook for all our staff. As well as areas to store and pack up foods and equipment to assist with preparation and delivery to all the staff.

They have freely offered assistance to accomplish our goals while still maintaining the priority of their goals of cooking and serving our patients. The open and friendly interaction between the department leader and our committee has been very much appreciated. It is also another fine example of interdisciplinary cooperation!

John, Allen and all of the Cura Hospitality Staff in Dietary have done a great job; we would not have been as able to accomplish all that we did for all of our staff, without our committee and without their help.

*Beth Odom, Special Attendant*

I want to add a Kudos to the Cura Hospitality Staff: John, Allen, Candy, Willem, and all the other individuals in the Dietary; they definitely have went above and beyond their normal duties to help the EMBRACE Committee, not only with this event, but with the Pandemic Give-Away's that we did as well.

John and his Team, as I call them, always asked if he or any of his Team could help in anyway with moving any of our items when the food was getting low or when we needed more orders, or even when we needed the fruit washed. I have watched the Cura Hospitality Team help other voluntary committees as well without batting an eye, to me, that is a team player!

Thank you Cura Hospitality for Stepping up for our patients and staff! You Are Appreciated!

*Darrin Monroe, Information Specialist*

I have worked closely with John on many occasions and he always provides excellent service! I heartily endorse!

*Greg Grostefon, Superintendent*

I absolutely concur. Providing nutritious and tasty food is always a challenge. John and his team achieve this task daily. The Cura team's response to requests is outstanding and met with a smile. During the tiring and trying times of 2020, John and his team managed to provide much needed stability by providing consistently nutritious and delicious meals. Thank you!

*Daryl Hall, Assistant Superintendent*

## With Thanks From The Helping Hands Committee

The members of the Helping Hands Committee (HHC) of Logansport State Hospital hopes this finds you and your families well as we continue to face everyday challenges related to the pandemic.

The onset of COVID-19 forced the HHC to pause from our monthly collections and fundraising to comply with safety and health measures. For now, the focus of the HHC is on patient Christmas activities, including the annual Gift Lift. But as always, we will continue to assist staff with emergent needs as they are identified.

To raise funds to support patient Christmas activities, the HHC recently held a LaBraid Fundraiser featuring Butter Braids and Otis Spunkmeyer Cookie Dough. Your response was phenomenal! We raised \$826.80 thanks to the generosity of staff, friends, and family.

Currently the HHC is accepting suitcases, backpacks, and duffle bags that will be used for patients being discharged into the community.

And for Christmas, we are accepting the following for patient's gifts and therapy use:

- Composition Books (No spiral bound or staples)
- Box of 24 Crayons
- Box of 10 fine line Crayola Washable Markers
- Large Christmas Gift Bags (At least 12" wide X 15" tale X 6" deep)

All donations can be dropped off at the Communication Center or the Community Engagement Office Lobby off Circle drive.

The HHC is hoping to hold our next fundraising event in the spring. Details will be provided at that time.

The HHC is so very thankful for your support as we continue efforts to help when and where we are able, even during these difficult times. Happy Thanksgiving! And Merry Christmas!

HHC members are:

Mike Busch, Community Engagement Director/SEB Liaison  
Paula Green Scheffer, Community Services Clerical Assistant/Committee Chairperson  
Ellen Blevins, Retiree  
Ricky Blevins, Special Attendant  
Mary Downhour, Patient Account Clerk  
Robby Ehase, Special Attendant  
Greg Grostefon, Superintendent  
Lavona Howerton, Communications Operator  
Patricia Knapp, Rehab Therapist Assistant  
Laura Knutson, Psych Services Specialist  
Rena Magers, LPN/Utilization Review/Vice Chairperson  
Debb Middleton, Program Coordinator Acquisitions/Treasurer  
Darrin Monroe, Information Specialist  
Amy Penz, Psych Services Specialist  
Shawna Strickland, Rehab Therapist Assistant



**COVID Testing Sites and Criteria**  
**Updated November 20, 2020**

**Cass County**

**Logansport Memorial Hospital – 1101 Michigan Ave, Logansport, IN 46947**

Contact Phone #: (574) 753-7541  
 Testing Requirements: Through ER. Referred by primary care provider. Must be symptomatic.  
 Scheduling: N/A  
 Hours: 24/7  
 Payment Options: Billed through Insurance

**Express Med – 3400 E Market Street, Logansport, IN 46947**

Contact Phone #: (574) 722-9633  
 Testing Requirements: Surgical prescreen; Referred by primary care provider. Must be symptomatic and you will be seen by a provider for evaluation.  
 Scheduling: No appointment needed.  
 Recommended to call ahead.  
 Hours: Monday-Friday 8:30 am to 3:00 pm  
 Payment Options: Billed through Insurance

**Cass County Community Testing Site – 616 Smith Street, Logansport, IN 46947**

Contact Phone #: (574) 753-7760 (Health Department)  
 Testing Requirements: Available to anyone with no requirements.  
 Scheduling: By appointment at [covid19testing.casscountync.gov/registration](https://covid19testing.casscountync.gov/registration)  
 Hours: Monday, Tuesdays, Thursday from 8:00 am to 6:30 pm; Saturday from 8:30 am to 12:00 pm.  
 Payment Options: Free to anyone

**[CVS Pharmacy – 717 N 3<sup>rd</sup> Street, Logansport IN 46947](#)**

Contact Phone #: (574) 722-2289  
 Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
 Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
 Hours:  
 Payment Options: Billed through insurance

**Carroll County**

**CVS Pharmacy – 505 West Main Street, Delphi, IN 46923**

Contact Phone #: (765) 564-4117  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Fulton County**

**Woodlawn Hospital – 1400 E 9<sup>th</sup> Street, Rochester, IN 46945**

Contact Phone #: (574) 224-1130  
Test Requirements: Must have a Doctors order and be symptomatic. Surgery prescreening. May call Woodlawn hospital switchboard and be screened over the phone.  
Scheduling: By appointment  
Hours: Daily between 8:00 am and 7:00 pm.  
Payment Options: Billed through insurance  
Note: Park in a designated COVID-19 testing spot located at the back of hospital by the ambulance bay of the Emergency department. Remain in vehicle and call 574-224-1130.

**Woodlawn Specialty Clinic – St. Rd. 25, Rochester, IN 46945**

Contact Phone #: (827) 826-0011  
Test Requirements: Available to anyone.  
Scheduling: Appointment required; Drive-thru testing available  
Hours: Monday, Tuesday, Friday from 10:00 am to 6:00 pm, Wednesdays from 9:00 am to 12:00 pm (noon), Saturdays from 8:00 am to 12:00 pm (noon), closed Thursdays and Sundays  
Payment Options: Free to anyone.  
Note: Testing will take place as a drive-up (stay in the vehicle while tested). No one under the age of 2. Minors need to be accompanied by a consenting parent or guardian

**CVS Pharmacy – 1910 Main Street, Rochester, IN 46975**

Contact Phone #: (574) 224-4304  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Howard County**

**Howard County Community Testing Site – 620 Bell St., Kokomo, IN 46902**

Contact Phone #: (765) 456-7330

Testing Requirements: COVID-19 testing is available to all members of the public regardless of symptoms. Children as young as 2 can be tested with parental consent.

Scheduling: Scheduling Via web at <https://scheduling.coronavirus.in.gov>

Hours: Monday,  
Tuesday, and Friday from 8:00 am to 5:00 pm  
Wednesday  
and Thursday from 8:00 am to 7:00 pm  
Saturday from  
8:00 am to 1:00 pm

**Closed** on November 26<sup>th</sup>, December 25<sup>th</sup>, and January 1<sup>st</sup>. Limited hours on November 27<sup>th</sup> (9:00 am to 2:00 pm) and December 24<sup>th</sup> (8:00 am to 1:00 pm)  
Free COVID-19 testing is available to all members of the public.

Payment Options:

**CVS Pharmacy – 610 West Markland Avenue, Kokomo, IN 46901**

Contact Phone #: (765) 457-4407

Testing Requirements: [Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.](#)

Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:

Payment Options: Billed through insurance

**CVS Pharmacy – 2340 West Sycamore Street, Kokomo, IN 46901**

Contact Phone #: (765) 452-4437

Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.

Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:

Payment Options: Billed through insurance

**CVS Pharmacy – 401 East Morgan Street, Kokomo, IN 46901**

Contact Phone #: (765) 452-0552  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 4026 County Road E 400 S, Kokomo, IN 46902**

Contact Phone #: (765) 453-3979  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Marshall County**

**Saint Joseph Health System Lifplex Testing Site – 2855 Miller Drive, Plymouth, IN 46563**

Contact Phone #: (574) 335-8560  
Requirements to be tested: Exposure and/or symptomatic. Requires authorization through triage nurses by calling our COVID-19 screening hotline at (574) 335-8560. We do not accept doctor's orders for COVID testing.  
Scheduling: By appointment On-line registration at <https://lhi.care/covidtesting>.  
Hours: Daily 7:30 am to 3:30 pm  
Payment: Billed through insurance, no co-pay.  
Note: This is a drive through screening. Instructions provided when scheduling appointment.

**Miami County**

**Dukes Health System LLC – 275 West Twelfth Street, Peru, In 46970**

Contact Phone #: (765) 475-8942  
Requirements to be tested: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic  
Scheduling: By appointment at phone (765) 475-8942  
Hours: Monday through Friday from 10:00 am to 1:00 pm  
Payment: Cash, check, charge, billed through insurance

**ISDH/Optum Test Site – 77 German Street, Peru, IN 46970**

Contact Phone #: (888) 634-1116  
Requirements to be tested: None  
Scheduling: By appointment, preregister at <https://lhi.care/covidtesting>.

Walk in's welcome.

Hours: Monday--  
Friday 8:00 am to 8:00 pm  
Payment Options: At no cost to Indiana resident

**Miami County Community Testing Site – Dukes Memorial Hospital – 275 West Twelfth Street, Peru, IN 46970 (Access testing site using Boulevard entrance)**

Contact Phone #: (765) 919-6195  
Requirements to be tested: Miami County resident without a doctor's note  
Scheduling: By appointment at <https://scheduling.coronavirus.in.gov>  
Hours: Monday,  
Wednesday, and Friday 9:00 am to 3 pm  
Tuesday and  
Thursday 12:00 pm to 6:00 pm  
Saturday 9:00  
am to 2:00 pm  
Payment Options: At no cost to Indiana resident

**CVS Pharmacy – 2 South Broadway, Peru, IN 46970**

Contact Phone #: (765) 472-4367  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Pulaski County**

**Pulaski Memorial Hospital – 616 E 13<sup>th</sup> Street, Winamac, IN 46996**

Contact Phone #: (574) 946-2194  
Requirements to be tested: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic  
Scheduling: By appointment. Call to schedule appointment with provider  
Hours: Monday, Wednesday, and Friday from 8:00 am to 11:00 am  
Payment Options: Billed through insurance  
Note: Drive in under the awning at the ambulance bay, stay in your car.

**Tippecanoe County**

**ISDH/Optum Test Site – West Lafayette City Hall, 1200 N Salisbury Street, West Lafayette, IN**

Contact Phone #: (888) 634-1116  
Requirements to be tested: None  
Scheduling: By appointment at <https://lhi.care/covidtesting>.

Appointment preferred.  
Hours: Monday  
through Friday 8:00 am to 8:00 pm  
Payment Options: At no cost to Indiana resident

**IU Health Lafayette Remote Specimen Collection – 2600 Greenbush Street, Lafayette, In 47904**

Contact Phone #: (317) 962-2000 (Ask to be transferred to Virtual Screening Hub)

Requirements: By IU Health affiliated physician order, symptomatic.  
Scheduling: By appointment at <https://iuhealth.org/covid19/virtual-coronavirus-screening>  
Hours: Monday through Friday 9:00 am to 3:00 pm  
Saturday and Sunday 9:00 am to 1:00 pm

Payment Options: Billed through insurance  
Note: This is a drive through screening. Instructions provided when scheduling appointment.

**St. Franciscan – 1701 Creasy Lane, Lafayette, IN 47905**

Contact Phone #: (765) 502-4000  
Requirements: Must have a Doctors order and be symptomatic.  
Scheduling: By appointment at phone (765) 588-3963  
Hours: Daily  
Payment Options: Billed through insurance

Note: This is a drive through screening. Instructions provided when scheduling appointment.

**Walgreens – 1801 South Street, Lafayette, IN 47904**

Contact Phone #:  
Requirements: Testing for individuals 18 years and older. Complete eligibility assessment at <https://Walgreens.com/COVID19Testing>. If eligible, you will be directed to select a location and time.  
Scheduling: Scheduled through above website if eligible.  
Hours: Monday through Sunday from 9:00 am till 5:00 pm  
Payments: Testing is available at no cost to eligible individuals who meet criteria established by the CDC and state and federal guidelines.

**CVS Pharmacy – 50 Sagamore Parkway South, Lafayette, IN 47905**

Contact Phone #: (765) 448-1325  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 1725 Salem Street, Lafayette, IN 47904**

Contact Phone #: (765) 447-1276  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 2806 US 231 South, Lafayette, IN 47905**

Contact Phone #: (765) 477-6666  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 3630 South 18<sup>th</sup> Street, Lafayette, IN 47909 (In Target)**

Contact Phone #: (765) 447-4411  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 2806 US 231 South, Lafayette, IN 47905**

Contact Phone #: (765) 477-6666  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 3630 S 18<sup>th</sup> Street, Lafayette, IN 47909**

Contact Phone #: (765) 472-4367  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 512 Sagamore Parkway W, West Lafayette, IN 47906**

Contact Phone #:  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**White County**

**CVS Pharmacy – 831 North Main Street, Monticello, IN 47960**

Contact Phone #: (574) 583-8220  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

## Employee Assistance Program (EAP)

You may know that the state offers EAP benefits to you and your family, but did you know that you can receive eight face-to-face counseling sessions per issue with a licensed therapist for free? Access to this benefit is as easy as picking up the phone, calling 1-800-223-7723, and selecting option 1. Once you are connected with an EAP representative, ask them about therapy visits. The representative is trained to assist you in finding a therapist that fits your needs and will guide you through the process of scheduling your first appointment. For your convenience, appointments can even be scheduled within LiveHealth Online. If you are interested in this option, please let the representative know.

While you may think that EAP is only for counseling, that is just one of the many free resources available through the program. Below is a quick look at some of the other services that are offered.

- Assistance with legal and financial concerns
- Dependent care referrals for children and eldercare
- Pet sitters
- Resource articles and videos covering emotional well-being
- Smoking cessation
- ID recovery and credit monitoring

To access Anthem's EAP online resources, please visit their website, [www.AnthemEAP.com](http://www.AnthemEAP.com). Once on their homepage, click the member's "login" button on the left-hand side of the page. The next page will ask you to enter your company code, "State of Indiana." Once you've hit the "login" button, all of these services are open to you. There is free 24/7 phone access at (800) 223-7723 for immediate support.

### **LiveHealth Online**

Have you ever tried to schedule a same-day appointment only to find out that your doctor's office did not have any available openings or was closed for the day? LiveHealth has solved that problem. Seeing a doctor has never been so convenient. Through LiveHealth, you have access to in-network, board-certified doctors 24 hours a day, seven days a week, 365 days per year. All you need is a computer or mobile device with internet access and a camera.

Doctors on LiveHealth are available to diagnose and treat a wide variety of medical care needs. Some common conditions include the flu, a cold, sinus infection, pink eye, rashes, and fever. When appropriate, the doctor can even prescribe medicine and send the prescription to the pharmacy of your choice. The cost of a doctor visit using LiveHealth is \$59.

Not only can you be seen by a medical doctor, but you can also receive psychological services through LiveHealth. Mental health services can even be used in coordination with the eight free EAP counseling sessions as mentioned above. Sign up for LiveHealth today by visiting [www.livehealthonline.com](http://www.livehealthonline.com) or downloading the mobile app from your app store.

## **Anthem Health Guide**

Have you ever wished you had someone to help you understand your health claim or assist you in finding an in-network doctor? Anthem Health Guides are available to provide you with personalized and consultative support. They can help you connect with the right benefits and programs for your health care needs and can even send reminders to you about your follow-up and preventive care appointments.

Reaching a Health Guide is easy. To get started, call Anthem customer service at 877-814-9709. If you prefer, you can also connect with a Health Guide through Anthem's Sydney Health app, email, or online chat.

### **Sydney Health App**

The Sydney Health app provides everything you need to know about your benefits in one place. After downloading the app and logging in, you have access to:

- Find care and check costs
- View claims
- View and use digital ID cards
- See all of your benefits including your deductible, co-insurance and out of pocket maximum
- Use the interactive chat feature to get answers quickly
- Sync with your fitness tracker
- Check My Family Health Records (myFHR)

Don't wait, get Sydney today!

### **Learn more online about OE2021**

More detailed information is available on the **2021 Open Enrollment website**.

### **Contact the Benefits Hotline**

If you have additional questions about your plan options or how to enroll, including navigating PeopleSoft, please contact the Benefits Hotline.

Benefits Specialists are available Monday through Friday, 7:30 a.m. to 5 p.m. EST.

Call: 1-877-248-0007 (toll-free) or 317-232-1167 (within the Indianapolis area).

Email: [SPDBenefits@spd.in.gov](mailto:SPDBenefits@spd.in.gov)



### STAYING COVID AWARE DURING THE HOLIDAYS

It's hard to believe the holidays are just around the corner. During a year that has challenged the way we connect with one another, it comes as no surprise that many of us are contemplating celebrations and gatherings with friends and family who are dearly missed. While holidays will certainly be different this year, with a little creativity and attention to safe practices, we can enjoy this festive time and keep each other safe.

#### Setting a plan and limiting travel

The first step we can take to promote safety is to discuss plans with one another. This gives everyone the opportunity to talk about concerns and develop plans that everyone can agree to follow, so no one is caught off guard. Discuss what to do if anyone develops signs of being sick, like a fever, cough, or sore throat.

Communication is especially important when considering travel plans. The safest gatherings will be small (under 10 people) and will limit the need for public air/ground transportation, where it can be hard to distance from others. There are many different platforms to include loved ones from far away via cell phones, tablets, or virtual meeting spaces. Keep in mind that local governments may set different rules about gatherings, so staying up to date via local news or social media will be crucial.

#### Safe practices to keep in mind while gathering

By now most people are probably familiar with safe practices that are simple to do, yet very effective in stopping the spread of germs, like the coronavirus that causes COVID-19. Handwashing, either with soap and water, or using hand sanitizer with at least 60 percent alcohol, is one of the most important practices to keep friends and family safe. With so many festive smells available, use fun-scented soaps and sanitizers to help promote the joyful spirit! Many disinfectants can also make homes and places smell great, while killing germs to prevent spreading infections. Be sure to clean items like door knobs, light switches, and countertops which are frequently touched more often.

Get more infection prevention and control resources online at [www.apic.org/patientsafety](http://www.apic.org/patientsafety)

### You know the drill—social distancing and mask wearing

Distancing at least 6 feet apart and wearing face masks are recommended to prevent germs from traveling from one person to another. Hosting outdoors not only allows for easier distancing, but also promotes exercise and the holiday weather. Think snow angels, but while standing! In places where it's just too cold to be outside, cracking open a window, even just a little bit, can help circulate fresh air. Wearing a mask over your mouth and nose serves as a barrier that prevents germs from infecting others, and it becomes particularly important when social distancing is hard to do—during gatherings and activities like shopping. Maybe turn that ugly sweater contest into an ugly mask contest!

### Food preparation and distribution

Safety measures during food preparation can seem overwhelming. The best plans will limit shared food. If food must be shared, the best idea is to have one designated person serve food. Other ideas include each guest bringing their own food—a great way to share recipes—or ordering individually packaged food ahead of the celebration—a great way to support local businesses! This is also a perfect time to rely on disposable condiments, dishware, and utensils. Any plan that prevents infection AND dirty dishes is a plan to get excited about.

### Celebrate friends and family by keeping them safe

2020 will certainly be a year to remember. Now more than ever, we appreciate the value of friendship, family bonds, and connection. With all the enthusiasm for the holiday season, it may be tempting to return to old ways of celebrating. By remaining vigilant and tapping into the creative spirit, we can enjoy this festive time and still do our part to protect our loved ones and communities.

## ADDITIONAL RESOURCES

“COVID-19: Holiday Celebrations and Small Gatherings”. CDC. Retrieved 18 November 2020.

[www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html)

“Celebrating Thanksgiving”. CDC. Retrieved 18 November 2020.

[www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html)

“COVID-19 (coronavirus) and holiday celebrations: Tips for gathering safely”. Mayo Clinic. Retrieved 18 November 2020. [www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-holiday-safety-tips/art-20503363](http://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/covid-19-holiday-safety-tips/art-20503363)



**ABOUT APIC**  
The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 35,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](http://apic.org).

1400 Crystal Drive, Suite 900  
Arlington, VA 22202  
[www.apic.org/patientsafety](http://www.apic.org/patientsafety)

# THANK YOU

When you gave blood  
you helped change lives.



**American Red Cross**

## YOUR BLOOD DRIVE RESULTS

### **Logansport State Hospital**

Sponsor Group

**10/7/20**

Date of Drive

**34**

Total Number  
of Donors

**1**

First Time Donors

**27**

Units Collected

**81**

Potential Number  
of Lives Saved



*The Wellness Committee consists of:  
Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen  
Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton,  
Lucia Ward and Kenneth Zawadzki.*

# Longcliff Museum

## Art n' Facts

### Assembly Hall: As seen through the eyes of Annual Reports



*The Assembly Hall* is a detached brick building, plain but graceful and imposing in its outlines, 94 feet 8 inches long, 64 feet 8 inches wide, and 24 feet 11 inches high to its eave at the north front, and 34 feet high to the same plane at the south front, with a bell tower 60 feet high at the proximal corner, a lower tower at the north-east corner, and a lofty hipped roof, covered with decorative tin shingles and surmounted by ornamental finials and ridge coping of wrought iron. The north or main entrance is through a double arched loggia, paved with encaustic tile, reached by two separate, low flights of massive stone steps. This opens by small doors, to the right and left, into two coat rooms and, by double doors, directly into the hall proper. This is an oblong room 62 feet long by 52 feet wide and 20 feet high, well lighted by lofty windows on the sides, with a ceiling of polished gum wood, paneled, coved and groined, and a floor of waxed maple. Above the entrance is a cantilever gallery, covering the loggia and extending 10 feet into the main room, unsupported. It is bordered in front by a paneled, polished parapet of gum wood. Access is had to it by a winding stairway, at each end, leading up from the auditorium through the towers. Underneath each stair is a

water-closet opening into the coat room, and on the other side, accessible in the main hall, a drinking fountain inserted in the panelling. The south wall of the hall is pierced by a flaring proscenium arch of neat design, 21 feet 6 inches wide by 13 feet high, closed by a handsome drop curtain, which, being raised, reveals a stage 60 feet by 24 feet, with 25 feet of head room, amply equipped with proper scenery and other necessary accessories, including an electrical rheostat for control of stage lights. The hall and stage are lighted at night by groups of incandescent lamps located on the ceiling and a row of concealed foot-lights. All are conveniently controlled by a series of switches located in gallery and stage. The walls are rough cast and tinted in distemper. The windows are all provided with light, sliding inside shutters of white birch, in natural finish. The loggia and stage partitions are filled with mineral wool enclosed in iron laths. Protection against fire is secured by three inside hydrants, each equipped with 100 feet of 1½ inch linen hose and fixed nozzles. The hall is warmed by direct radiation from a series of vertical radiators located near the windows. Seats are provided for 432 persons, with room for more, 70 in the gallery, the remainder on main floor and on proscenium platforms on each side of the arch. A white birch, veneer, folding chair, fastened together in banks of six, is used; it is very light and portable and at the same time strong. Underneath the stage is a sewing room 28 feet by 17 feet, fully equipped and satisfactorily in use, a room of like dimensions used as a dormitory for female night attendants and a passage leading into a commodious, well lighted and dry cellar, under the entire remainder of the building, which form a very safe and useful store room for furniture, bedding, etc.

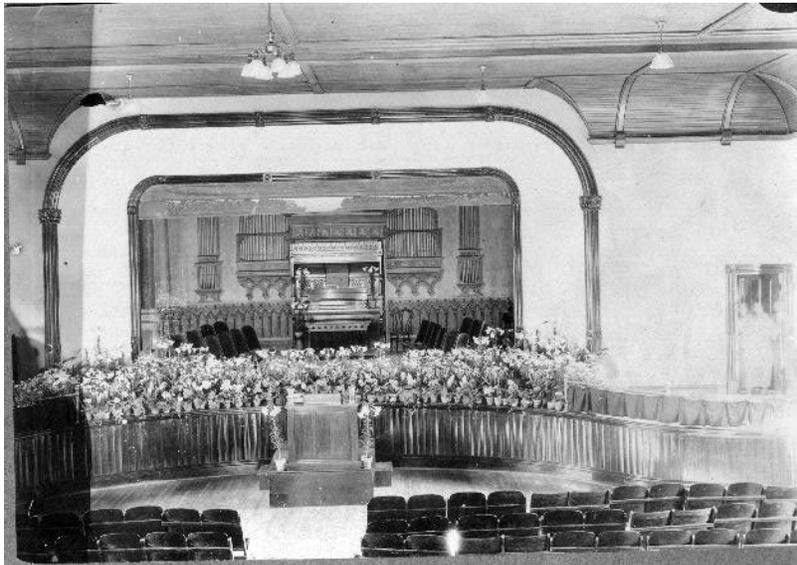
In April, 1893, plans and specifications, based upon outlines submitted by the writer, were invited from several architects. Messrs. Krutsch & Laycock and Jos. E. Crain, of Logansport, responded, those of the former were accepted, and on May 9, pursuant to advertisement, the following bids were offered for the complete construction of the building:

John S. Williams, Peru.....	\$13,435 00
August Gleitz, Logansport.....	11,551 00
John E. Barnes & Son, Logansport.....	9,602 00

A contract was at once made with the latter firm, with a

2—N. HOSP. INSANE.

proper bond in one-fourth the amount of cost, and work was commenced at once. It was completed and accepted in November. The plumbing, lighting and heating systems and stage equipment were put in by the mechanics belonging to the regular force of the hospital, all of whom deserve commendation for the excellence of their work. The materials therefor were all bought competitively, at the lowest market prices for good quality. The cost of construction was \$10,345.80, of equipment \$1,611.92; total, \$11,957.22.



Need a better system of concrete walks. During wet weather patients have but little latitude for out-of-door exercise.

Assembly Hall condemned for dancing. Cannot resume this favorite form of patients' entertainment until we can make the necessary repairs. Plans and specifications made and a special appropriation will be asked for. Cannot have picture shows until new electrical equipment is installed in power plant.

(Both Protestant and Catholic religious services were resumed in the Assembly Hall in September.)

The institution needs an old men's ward and an old ladies' ward. These should be buildings of one story each, of very simple construction—a day room, a few single rooms, dining room, scullery, dormitory and a large screened porch. This would take the old people off of the various wards where they are now distributed and where it is difficult to get them out of doors. It would also simplify the ward classification.

The activities of a hospital should be so organized and arranged that there may be as few hours as possible when the patient is left to his own devices. There should be work, play and rest—occupation and recreation—and the ideal way would be to have it under a twenty-four hours supervision—a continuity of normal, sane conduct. We all are creatures of habit.

Dr. Pennington, with the assistance of Mrs. Grear, the wife of one of our physicians, and Miss Loftus, the Supervisoress, has directed the above named activities with very gratifying results.

We have a choir composed entirely of patients under the direction of Dr. N. Maude Arthur. She also holds classes in re-education in music. We have a number of patients who have had fine musical training. Dr. Arthur endeavors to re-awaken their interest in music, using

14

this as a means to get them out of themselves. Our fine and dignified Sunday services under her direction should receive particular mention.

We have an orchestra. It is composed of officers, employees and patients. Usually it has a membership of from 12 to 14. I consider a musical organization of this kind an essential in an institution. It provides a background for all kinds of entertainments, and I have known patients who were started toward home when they began playing in the orchestra.

Through the amusement fund we were able to buy a number of instruments: a double bass, violin, cornet, oboe, French horn and viola; also a fine library of orchestra music.

In June we built a dancing pavilion. This was built from our amusement fund, and all during the summer and early fall there were delightful dances held at this pavilion. The dances were preceded by a half hour program by the orchestra.

Our amusement hall is not nearly large enough for our purposes. Recreation and amusements are a necessary part of the treatment. They are a part of our Occupational Therapy work, and it is rather discouraging to get patients up to the point where they could go out to entertainments and not have room for them. We have 1,100 patients. At least 80 per cent of these ought to be taken out to entertainments, but by the time we get about 850 patients with the necessary employees in the hall it is crowded.

I have a plan in mind for a hall on the site of the present dancing pavilion that would not cost very much. It would not need to be an elaborate building. We need floor space 100x50 feet. At one end should be a stage with the necessary equipment. Along the three sides should be seats arranged in amphitheatre fashion. The whole thing should be enclosed by glass and steam heated. In the summer time the glass could be thrown back to make an open air pavilion. The new tunnel from the barn to the engineer's residence was built partly with the view of building this hall.

Our patients were given a fine Christmas program. Christmas Eve, motion pictures and a Christmas tree; Christmas Day, distribution of presents on all the wards by the officers and heads of departments, and a special Christmas dinner; Sunday, December 26th, religious services, with appropriate music; Monday evening, December 27th, "Stunt Night"—an unique program given entirely by the patients (with the exception of Mr. William Zerbe, Logansport, in one of his inimitable negro characterizations) under the direction of Dr. V. M. Pennington. A prize was given to the ward putting on the best "stunt." It was won by Ward 4. Tuesday evening, December 28th, motion pictures, a phonograph concert, and vocal selections by Miss Florence Kienly, of Logansport. Thursday evening, December 30th, a concert by the Logansport Boy Choir under the direction of Mr. Chas. Chase; Friday, December 31st, a masquerade ball in the women's general dining room. All wards were tastefully decorated and pennants were given for the best decorated wards. The pennants were won by Ward 10 on the women's side and Ward C on the men's side. The Administration Building, employees' dining room and assembly hall were tastefully decorated by Mr. Gustav Minx and his assistants.

A Politeness Medal was awarded to Mr. A. A. Zolt, our efficient and obliging head laundryman.

Our Christmas Fund amounted to \$809.21. There were 682 packages received for patients.

Picture shows were held regularly throughout the winter, but no patients' dances because the hall was considered unsafe for that purpose. The last legislature made an appropriation of \$5,000.00 for making the hall safe. This will be done as speedily as possible, so that the patients may enjoy the thing that probably gives them the most pleasure—namely, dancing. They look forward from one week to the next to the dances, and begin to "doll up" several days before hand. They enjoy the orchestra music.

1922, p. 6... Occupational Therapy has been carried on. Our conception of Occupational Therapy is that it includes everything the patient does, both work and play, under proper supervision. This takes in the occupational classes, industrial shop, work in the various service departments, recreations, amusements, orchestra, patients' choir, Sunday services and all other activities. We try to keep the patient busy and bring about normal reactions. The officers and many of the heads of departments and employees contribute in one way or another of their time and talents toward this end.

The occupational classes under the direction of Doctor V. M. Pennington and Miss Loftus have been handicapped because of the difficulty in securing competent help to carry on this work. Not everyone is fitted for it. It requires not only a knowledge of the work itself but the worker must be gifted with tact, judgment and unlimited patience. Exhibit 12 will show the articles produced in the occupational classes. As noted in a previous report these classes are financed by the patients' Amusement Fund. The articles are sold and the money turned back into the fund.

Occupational classes for men were established by Doctor L. E. Pennington. This class took up the manufacture of furniture from fiber material.

The music classes and choir work under the direction of Doctor Arthur and Mrs. Besse have provided us with very fine music for our Sunday services and have benefited the patients who take part in these activities.

The regular weekly picture shows were given. There was an afternoon and evening performance as our hall is too small to accommodate all the patients at one time. The weekly Friday night dances were held. The music is provided by our own orchestra of twelve to fifteen pieces. This orchestra is composed of officers, employees and patients.

The rehabilitation of the assembly hall was completed and on Sunday, April 29, appropriate dedicatory services were conducted by Dr. James Corkey, Pastor Calvary Presbyterian Church. The music was by the patients' choir. Doctor Arthur and Mrs. Besse donated surplices for the choir. The organ had been sent to Chicago and thoroughly overhauled. Upon its return it was placed on the back of the stage, and a cyclorama was painted to fit in with the organ, giving the appearance of the interior of a church. Removable brass railings with curtains were placed at the front of the stage to give the effect of a choir loft. On the floor below the stage was placed a removable platform and pulpit made from native walnut in our own shops. New chairs were purchased for the hall. The hall itself was beautifully decorated for the dedicatory services with flowers from our own greenhouses.

Black shades were purchased to cover the windows for picture shows.

Special events and holidays have received due attention. During Christmas week we had the usual round of festivities with special performances by the patients' choir under the direction of Mrs. Besse, and "Stunt Night" under the direction of Doctor M. Pennington. The wards were tastefully decorated as were other departments of the institution. Pennants were given for the best decorated wards—the pennant for the male wards was won by Ward B and for the female wards by Ward 10.

Armistice Day, Memorial Day, Fourth of July, Easter, Thanksgiving, Hollowe'en and all other holidays were suitably observed.

Assembly Hall hosted many Art and Flower Shows through the years...



1950s...



October 1960...



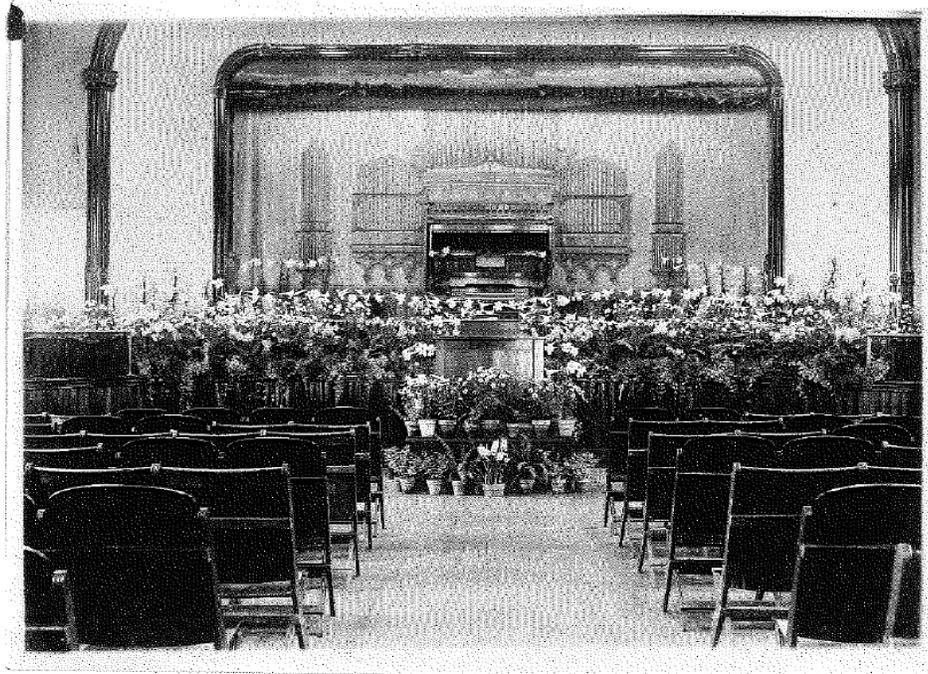




Assembly Hall also served as a Chapel...



Easter Sunday (April 20, 1930)  
Chapel of Longcliff, Assembly Hall...



The Assembly Hall was razed in 1970...





**Sneaky**



**Snaps!**



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The State Employee Community Campaign (SECC) Pumpkin Decorating Contest! Pictured above, Top row L-R: Contest Winner and his entry; Mark Michaels; Bottom row entries L-R in placing order from second, to fourth. Great job and thank you to all. All proceeds from this SECC event went to PEAK Community. Thank you to U-Know Pizza and all the generous donators.

Lookout for Darrin and his camera,  
you could be next!

# Culinary Corner

## HOMEMADE PEPPERMINT PATTIES

### Ingredients

- 🕒 1/4 cup softened butter
- 🕒 1/3 cup light corn syrup
- 🕒 1-2 tsp peppermint extract\*
- 🕒 3 cups powdered sugar
- 🕒 2 cups dark dipping chocolate\*\*
- 🕒 chocolate jimmies if desired

### Instructions

1. Combine butter, corn syrup, extract and powdered sugar in a mixing bowl. Mix with an electric mixer for about 3 minutes, until ingredients are well combined and are holding together.
2. Remove dough from bowl and break off about 2 teaspoon-sized sections. Roll into a ball and gently flatten with your hands. Put patties down on a pan lined with wax or parchment paper. Once all patties are made, place pan in the freezer for 10-15 minutes.
3. Melt chocolate in microwave for 1 minute 20 seconds. Let sit for an additional minute in the microwave. Remove and gently stir. Remove peppermint patties from freezer. Use a fork or a handy Winton Dipping tool like I did to dip each patty in the chocolate, flip to coat the other side, then tap to remove any excess. Transfer chocolate coated patties to wax paper to cool. Top with chocolate jimmies if you'd like.
4. Store in an airtight container, refrigerate if preferred but it's not necessary. Yields 40 mints.

### Notes

\*Add 1 teaspoon peppermint extract, then mix until well combined. Taste dough. If you'd like them to be stronger, add an additional 1/2 to 1 teaspoon extract. You can also use 2 drops of peppermint essential oil instead or even 2 teaspoons mint extract for a more subtle mint flavor. Think Andes Mints as opposed to Starlight mints! Yum.

\*\*When making candy like this I really find that dipping chocolate just works best. You can purchase Ghirardelli Melting Wafers at most grocery stores. I buy my melting chocolate in bulk on Amazon. If you really want to use chocolate chips instead, I suggest melting 1/2 a tablespoon of shortening or 2 tsp coconut oil in with the chocolate chips, to thin it out and make it easier to dip the candy.

<https://butterwithasideofbread.com/33-santa-approved-christmas-treats/>

## Who Am I?

Can you guess who is posing behind the smiley face, pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by December 18, 2020.

Employees' with correct answers will have their names put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free, five dollar Mr. Happy Burger gift certificate.

*Winner Will Be Announced In  
The Next Spectrum.*



Martin Biggs



Congratulations to Greg Wengert for guessing Martin Biggs pictured as the last Who Am I. Be on the lookout for Darrin and his camera, you could be captured as the next "Who Am I?"

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.